

—an old fool. But—you have come back to stay, both of you?"

But there was no need for John to answer.

MERMAID OF PACIFIC, SHORT DISTANCE STAR, TO TRY LONG DISTANCE RECORD



Marguerite Brack, Champion 440-Yard Swimmer

San Francisco, Cal.—"I mean," said Marguerite Brack, "to go in for long-distance swimming events in the near future, but have been urged not to attempt it too soon. I would like to swim across San Francisco Bay to see if I can't better the present time.

"I have great strength in my shoulders and neck muscles and all the

muscles of my back, with plenty of 'pull' in my stroke, meaning that I can make fast time in the water. With calisthenics, or other artificial exercise one does not build up in the same way that you do in swimming. There is no form of exercise that affords so gradual a transformation as swimming. It develops, but not out of proportion.

"Those who swim naturally know all about the crawl stroke, but to the public it sounds like some buglike form of exercise.

"The Australian crawl was the first crawl stroke generally adopted by swimmers throughout this country, and it enjoys much success. A large number of swimmers, however, prefer the American crawl.

"In the Australian crawl kick, generally in use for long distances, the arm goes in at the same time that the leg does, with an alternating kick. The American crawl kick provides for the independent leg motion—that's the difference.

"Girls who shrink from swimming through fear that it will make them too thin miss the most healthful form of exercise there is. Lifesavers and instructors are generally down to an abnormally light weight because they swim constantly—far more than the average racing athlete."

SPINACH SALAD

Chop a pint of boiled spinach (cold) very fine. Salt and pepper it to taste. Drain it well. Boil three eggs twenty minutes, put into cold water, shell them, cut in half, and place in the bottom of a cup, with a little green pepper. Press onto this a layer of spinach one and a half inches thick. Chill it thoroughly. Serve with French dressing on white lettuce heart.